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CARE OF THE HEALTH.

Hints on Nursing.

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The most important article of furniture in a sick room is of course the bed; and where the illness seems likely to be protracted it is well worth taking a little trouble to procure an easy and convenient one. The bedstead should, if possible, be of iron and not too low. It is much easier to wait upon the occupant when each trifling service does not entail bending nearly to the ground, as would be the case were the bedstead in use one of the ordinary, fashionable kind. The best foundation is a wire woven mattress with a thick hair one over it. Feather beds should be abjured as an abomination. They are not comfortable for more than a short time after they are made. The weight of the body pushes the feathers into hills on each side, leaving it lying in a veritable valley of humiliation. If a wire woven mattress can not be obtained a common excelsior or husk one will answer, though it is not so good. An oblong piece of rubber sheeting is a great protection. Over it spread a cotton sheeting and tuck it well under the mattresses, as it ought not to require changing for several days. A draw sheet, which is simply a large one folded once lengthways, should be placed across the bed and the ends firmly secured by thrusting them under both mattresses. This can be taken off with much less trouble than is necessary to remove the under sheet, and can be kept tight and free from wrinkles, which are one of the most fruitful causes of bed sores. Enough pillows must be used to support the shoulders and head comfortably, some persons liking several, others not more than one. If a number are used, the one next the back must be put on first, and the others each one behind the next, to prevent their slipping down. Little need be said as to the upper bed-clothes, except that they must be of a kind that can be easily washed. Thick comforters, quilted with cotton wool, are quite inadmissible. In surgical cases where a pillow is required to support a limb, it is advisable to cover it with a piece of India rubber cloth made into a case. In long illness one or two small pillows or cushions will be found very useful to put under any part of the body that may require support, and also a tiny round one to slip under the back of the neck.

Sickness entails so much extra washing that every possible means should be adopted to lessen the laundry work While it is absolutely necessary not only to comfort, but sometimes even to recovery, that the most perfect cleanliness should be maintained, there are many little devices by which the sufferer may be kept fresh and tidy without a wasteful expenditure of linen.

When the upper end of a clean sheet has become crumpled and creased, the lower, that has been tucked evenly under the foot of the mattress, is still smooth, and it may be turned round with little trouble. One that has been in use during the day may be taken off at night, hung in an unoccupied room to air and be ready for use again in the morning. When a pillow has been under the head for several hours it should be taken away, a fresh one substituted, the case pulled off and shaken out of the window of an adjoining room. The pillow should always be changed the last thing at night; the cool one will assist in procuring a good night's rest. Blankets should not be allowed to remain unchanged more than a week. They must be hung in the sun for several hours and aired in a warm room before being replaced on the bed. If the invalid is not too ill to be removed it is well to have him lifted on a couch, lounge or other bed every two or three days, that the mattress may be turned and aired. If this is impossible it is quite practicable to change every article of bed clothing while he is still lying in bed, and that without the slightest difficulty or inconvenience. The clean under sheet should be laid on the floor with the draw sheet folded across in the same way in which they will lie on the bed; taking hold on one side, roll them both together, forming a long roll. Pull out one side of the soiled under sheet and push it with the soiled draw sheet toward the middle of the bed. Lay the fresh roll on the bed and open it enough to tuck the side under the mattress, spreading it smoothly toward the center. The sick person may now be lifted on the space thus prepared, the soiled sheets pulled away and the clean ones drawn to the other side and tucked in. To change the upper sheet, fold it crossways and lay it under the clothes, securing it at the foot; then draw it up, unrolling it before removing the others. Another way is to take off the counterpane and spread the sheet with one blanket over it on top of the other clothes, drawing them from underneath it when it is in place.

The night dress should be changed at least twice a week. Slip the arms out of the soiled one, put the clean one on over the head and when the arms are in pull it down, removing the other at the same time over the feet. A flannel jacket is very useful, and indeed indispensable when the sufferer is restless and disposed to throw off the coverings.

To wash the person a cloth is better than a sponge. The best soap is the white unscented kind. Castile soap is positively injurious to some skins from the strong soda contained in it. Carbolic and tar soap produce no good effect, if not actually harmful. The washing, of course, must be done before changing the clothing. Pass the hand under the clothes and do not wet too large a surface at once. Dry as quickly as may be with a soft towel. It is wise to ask the doctor whether cold or tepid water should be used. The former is the more refreshing, but is not always permissible. The mouth should be rinsed out and the teeth rubbed with a piece of linen rag wound around a small stick and dipped in cold water. The face and hands should be sponged several times during the day. If a hip bath is ordered, the invalid must be seated in it and covered with a blanket enveloping the tub as well. The water should be as hot as can be borne, and care must be taken to keep it at the same temperature by adding fresh as soon as it begins to cool. On coming out the body should be rubbed with hot towels. Should the doctor order a foot bath to be given in bed, a folded blanket or piece of rubber sheeting should be placed in the bed for the tub to stand on. The bed clothes must be partly folded back from the foot, the tub introduced, the knees drawn up, the feet placed in the water and the clothes pulled down again.

Sharpening the Little Ones.

A man never gets an idea of how fast the world moves until he gets out of his own sphere into some other. In order to see how great progress has been made in teaching he must get into a modern school-room where the teacher has kept progress with the age of improvements in the methods of imparting instruction. In the Gold Hill schools every faculty of the pupil is awakened and sharpened. Even tables of weights and measures in the primary classes are taught as object lessons. They have the scales and the weights and the measures right there, and the scholars see that it takes sixteen ounces to make one pound, and four gills to make a pint, etc., up to the gallon. The result is that little children from seven to nine years old will foot up pounds and ounces, and even fractions of ounces, and give the correct total with a facility which is surprising. The same is true of measures, including quarts, pints, gills, etc. But this is not all. They are taught to form correct estimates of the weights of objects. They are handed a book, or something of the kind, and then estimates of its weight are taken. One of the scholars then weighs the object and announces the result. The importance of this kind of practice in estimating the properties of things will become apparent one of these days when success in life may depend on accuracies of judgment. The above is cited only as one of many ways of sharpening the perceptive faculties of the children. It teaches them to think, and that is, after all, as good a definition as can be given of real education. And then, to teach the little ones geography, they are set to world-building, on a small scale. They are furnished with a suitable measure of loam in a fitting receptacle furnished with implements and construct ranges of mountains and hills and valleys and plains and canyons and ravines, and to form all the phases presented by the solid part of the earth. Then they go to work and run mines. Their shafts never get very deep nor their tunnels long before a cave occurs; but the theory is exemplified and thor oughly understood.—*Gold Hill (Nev.) News.*

A LOCOMOTIVE on the Pennsylvania Railroad is reported to have made the fastest run on record a few evenings ago. It was ordered from the round-house to the scene of an accident, and ran 60 miles in 45 minutes and eight seconds. The engineer, speaking of the run to a Division Superintendent, said, "I was a little skeered once, when I thought I see a freight comin' down agin me, but it was only a skeer. I tell you it was a mighty purty run, but sometimes her wheels didn't seem to tech the rails for a whole minute."

AGRICULTURAL.

A SUBSTITUTE FOR PARIS GREEN.—Paris green has long held a prominent place in farm economy as an insecticide, and, in its relation to the potato crop, the principal place, its high price, liability to adulteration, and poisonous qualities have seemingly had little influence in restricting its use. But now it must yield the palm to a substance called London purple, which was long considered worthless. It is obtained in the manufacture of analine dyes, and contains 43 per cent. of arsenic acid, besides lime, and some other chemical constituents. Its advantages over Paris green are that it is so cheap as not to be liable to adulteration, is powdered more finely, and is thus more easily kept in suspension in water, or can be more thoroughly mixed with other substances. Prof. Riley states in a recent bulletin of the Entomological Commission, that it is even superior to Paris green; and he recommends it highly for use in the cotton field. From carefully conducted experiments, made upon a large scale, he concludes that the dry powder can be most effectually and economically used in the proportion of one-half pound to eighteen of the dilutents, which for the most part are the same as used with Paris green, and he suggests that a higher proportion is simply a waste of material. The substance has been used successfully in combating the canker-worm, by Mr. A. R. Whitney, of Franklin Grove, Ill.; it was used by Prof. Bersey of the Iowa Agricultural College, for the destruction of the Colorado potato beetle, with most satisfactory results; and no doubt it will become a popular destructive agent for many kinds of insect pests. It is sold in New York at six cents per pound, and if the additional cost of transportation were fully six cents more, it would then cost a fourth to a third less than Paris green.—*Charles R. Dodge, in Land and Home.*

RAISING POTATOES UNDER STRAW.—Occasionally some farmer has great success in producing potatoes by dropping the seed on green sward and covering it with refuse straw, old hay, or other sorts of litter. When this is the case he generally informs the public of his method of cultivating potatoes and for a time it becomes fashionable. Farmers who are not successful in this method of raising potatoes do not say any thing about it, and as a consequence the public are in ignorance in relation to the ratio that exists between failures and sucesses. It is obvious that raising potatoes under straw or other litter can never become general for the reason that sufficient material can not ordinarily be obtained for covering the seed. Still most farmers can raise a small patch in this way to excellent advantage. The best results are obtained by cutting the potatoes in pieces of suitable size, dropping them on a sod after the grass is a few inches high and covering them to the thickness of six inches with refuse hay, straw, or other rubbish. The addition of well rotted manure, ashes, and a fine soil is an advantage. The rain will carry them down to the roots of the potatoes. It is not necessary to drop the potatoes in rows. The pieces may be placed within a foot of each other, as no cultivation is required. A little earth thrown over the straw covering will keep it in place and preserve the moisture in it. Almost all the labor required to raise potatoes in this way consists in handling the material employed in covering the seed. The turf soon decays and affords sustenance for the growing potatoes. The potatoes are very easily harvested in the fall and come out of the straw almost as clean as if they had been washed. Another object may be accomplished by planting potatoes on top of the ground. A harsh, tough sod may be subdued and brought into a condition to produce good crops another year. A valuable modification of plan of covering seed potatoes with straw consists in opening a furrow with a plow, throwing in old hay, straw, forest leaves, or sawdust, then dropping the potatoes, and finally covering them with earth. The materials thrown in the furrow are favorable to the formation and growth of the bulbs. When mature they are quite clean, and may be dug without bruises or cuts. A mulch is of great advantage in raising potatoes. It helps retain moisture and prevents the young and growing tubers from becoming too warm during the hot weather in July and August. A moderately cool temperature and moisture are essential to the production of good potatoes.—*Chicago Times.*

THOSE who have traced the problem back have ascertained that the cat was born to earth before the mouse was. The latter was loosely flung together, given a long tail and told to git up and git or the cat would have him.

PARASITES—Eye glasses.

Another Love Romance Ended.

The glens, and groves, and hills and dales around Iowa Falls are all so suggestive of romance, and so many sensations that involved heart's ease have transpired in these ground's, that people from surrounding towns are making this a trysting place for their love meetings and making. A case in point came to the notice of our pencil-pusher recently. A man named—never mind—residing in the classical city of Clear Lake, the spot of spots, where tender feeling should bud and blossom, inserted a notice in an Eastern paper for a wife. He was lonely, had a big heart, strong arms, and wanted a daisy of a girl to accept his charms of heart, soul and body. A girl in far-off Pennsylvania read the advertisement, and she was lonely and wanted sympathy, therefore she answered the notice. In due time the letters passed each other semi-weekly on the route from Iowa to Pennsylvania. Finally it was arranged that the mutually-smitten twain should meet beneath the clear Iowa sky, and it is not strange, but it is true, that Iowa Falls was selected as the place of meeting. On last Thursday the train from the East brought a young woman in our depot, who was comely in appearance and young. Upon alighting at the depot she carefully looked around for somebody, went into the depot, and waited for somebody, but he did not come. After waiting some time she went over to Mr. Foot's eating-house and deposited her luggage. When the shades of evening were falling thick and fast a youth appeared at the depot. He peered around awhile, and then commenced to ask questions. He wanted to know if a lady got off the train, and if so where she was. He was directed to the eating-house, and there they met for the first time on earth. The fellow, either from stratagem or force of habit, was a veritable tramp in appearance. His buttons were bare. His big toes protruded from his boots. His face was dirty, and he looked any thing but an expectant bridegroom awaiting his lady love. He was presented to our heroine and she was struck with amazement. There were the features as revealed in the loved photograph she carried in her bosom; but, mercy; what a frame the picture surrounded. The love look on his face made him even more hideous, and the girl with despair at her heart and yet a relief coming along with it and lifting the cloud gazed at the new comer with no love in her eyes. Only a few words were spoken. She complimented him on the size and dirtiness of his great toes, on his buttons and dirt and told him—Begone. Thus ended another of these episodes, and they all end in this way. The young lady has found friends here, and the young man has gone back to Clear Lake probably to wash up.—*Iowa Falls Sentinel.*

The Value of Four Pins.

A curious story is going the rounds of the English newspapers of an exhibition in the show windows of one of the leading jewelers of Vienna. The object of attraction is a brooch magnificently studded with gems, in the middle of whose chasing is inclosed the most singular of centers—four common, old, bent and corroded pins. This brooch is the property of the Countess Lavetskofy. The pins have a history, of course. Seven years ago Count Robert Lavetskofy, as the story runs, was arrested at Warsaw for an alleged insult to the Russian Government. The real author of the insult, which consisted of some careless words spoken at a social gathering, was his wife. He accepted the accusation, however, and was sent to prison.

In one of the lightless dungeons in which the Czar is said to be fond of confining his Polish subjects, the unfortunate martyr for his wife's loose tongue spent six years. He had only one amusement. After he had been searched and thrown into a cell, he had found in his coat four pins. These he pulled out and threw on the floor; then in the darkness he hunted for them. Having found them, perhaps after hours and even days, he scattered them again. And so the game went on for six weary years. "But for them," he writes in his memoirs, "I would have gone mad. They provided me with a purpose. So long as I had them to search for, I had something to do. When the decree for my liberation as an exile was brought to me the jailer found me on my knees hunting for one which had escaped me for two days. They saved my wife's husband from lunacy. My wife, therefore, could not desire a prouder ornament."

TO CLEAN RAISINS OR CURRANTS.—Do not wash them, but dry them with a cloth. Currants can be cleaned in a sieve with the hand. Washing makes cakes or puddings heavy.